

Oregon Trail School District  
 Carbohydrate Counts – Typical School Menu Items

2/10/2020

~ Values may change based on availability of products from different manufacturers. ~

Entrée	Serving size	Carbohydrates
Beef and Bean Burrito	1 each	41g
Breakfast Burrito Egg Sausage	1 each	25g
Breakfast Pizza	3.2oz	26g
Breakfast on a stick	1 each	18g
Breakfast Sandwich Sausage and Cheese	1 sandwich	24g
Cheeseburger	1 sandwich	25g
Chicken Patty	1 sandwich	38g
Chicken Patty, Spicy	1 sandwich	39g
Chicken Fillet, unbreaded	1 sandwich	42g
Chicken Cordon Bleu	1 sandwich	33g
Chicken Fried Steak	1 serving	16g
Chicken Nuggets	5 pieces	16g
Chicken, Popcorn	15 ea	16g
Chicken Tender	3 each	16g
Chili Con carne w/ beans	1 cup	35g
Corn Dog	1 each	30g
Corn Dog Bites	4 pieces	38g
Fish Burger	1 sandwich	38g
Fish Nuggets	3 pieces	20g
Hamburger	1 each	25g
Hot Dog on a Bun	1 each	23g
Hot Ham & Cheese on a Bun	1 each	24g
Lasagna Roll	1 each	29g
Macaroni & Cheese	6 oz	45g
Meatball Sandwich	1 each	30g
Nachos, Bean and Cheese	2 oz chips&1/4 c sau	38g
Orange Ckn w/ ½ cup rice	1 serving	78g
PBJ Smuckers Uncrustable	1 sand	32g
PBJ Gramwich	1 sand	30g
Quesdilla Chicken & Cheese	2 pieces	32 g
Pizza, Cheese Big Daddy	1 slice	43g
Pizza, Pepperoni Big Daddy	1 Slice	43g
Pizza, Mini	1 pizza	27g
Pizza, Cheese Wild Mikes	1 slice	34g
Pizza, Pepperoni Wild Mikes	1 Slice	34g
Ravioli Cheese with sauce	14 each	36
Rib-a-que w/ bun	1 sandwich	32g
Rice, Brown	1 cup	20g

Soft Taco 6" shell Beef	2 taco	35g
Soft Taco, Chicken	2 taco	33g
Soup, Chicken Noodle	1/2 cup	8
Soup, Tomato	1/2 cup	20
Spaghetti w/ meat balls	1 cup	50g
Spaghetti w/ meat sauce	1 cup	64g
Spanish Rice	½ cup	19g
Taco Salad	1 each	30g
Teriyaki Beef Bites	4 pieces	6g
Turkey Gravy /w Mash	1 cup	19g
Combo Sub	1 each	37g
Tuna Sub	1 each	35g
Turkey Ham Sub	1 each	35g
Turkey Sub	1 each	37g
<b>Fruits</b>		
Apple, medium, 138/case, 4.6 oz	one	20g
Apple, sliced with peel	2 oz	7g
Apple, small, 198/case, 3.2 oz	one	14g
Applesauce, canned, unsweetened	1/2 cup	14g
Applesauce, sweetened	1/2 cup	25g
Apricots, juice pack, undrained	1/4 cup	8g
Apricots, dried	4 halves	8g
Banana, 3 1/2", 1/2 medium	3 ounces	14g
Blackberry, fresh	1/2 cup	9g
Blueberry, fresh	1/2 cup	10g
Cantaloupe, cubed	1/2 cup	7g
Cherries, dried	1/4 cup	34g
Cranberries, dried, sweetened	2 tablespoons	22g
Grapes, green or red, medium	18 each, 1/2 cup	8g
Honeydew Melon, cubed	1/4 cup	4g
Kiwi, medium	2 1/2 oz	11g
Mandarin Oranges, canned, light syrup	1/2 cup	16g
Mixed Fruit, canned, light syrup	1/2 cup	18g
Nectarine, medium (2 1/2" dia)	5 ounces	16g
Orange, medium (2 5/8" dia)	4 1/2 ounces	15g
Peaches, canned, light syrup	1/2 cup	17g
Pear, medium, fresh	6 oz	25g
Pears, canned, light syrup	1/2 cup	20g
Pineapple, canned, juice	1/2 cup	15g
Pineapple, cubed, fresh	1/2 cup	11g
Raisins	2 T	14g
Strawberries, fresh	1/2 cup	6g
Tangerine, med (2 3/8" dia)	one	9g

Watermelon, cubed	1/2 cup	6g
100% Juice		
Apple Juice	1/2 cup	14g
Orange Juice	1/2 cup	14g
Orange Tangerine	1/2 cup	15g
Orange-Pineapple Juice	1/2 cup	15g
Pineapple Juice	1/2 cup	16g
Grape Juice	1/2 cup	19g
White Grape Juice	1/2 cup	20g
Strawberry Kiwi	1/2 cup	15g
Mixed Fruit Punch Juice	1/2 cup	14g
<b>Vegetables</b>		
Beets, canned, drained	1/4 cup	3g
Broccoli, fresh or frozen	1/2 cup raw	2g
Beans, Black	1/2 cup	21g
Beans, Garbanzo	1/2 cup	20
Beans, Green	1/2 c ckd	3g
Beans, Kidney	1/2 cup	22
Beans, Pinto	1/2 cup	17
Beans, Refried	1/2 cup	24g
Cabbage, shredded	1/2 cup raw	1g
Carrot, peeled baby	4 each	3g
Carrot, peeled, 1.3 ounce	one package	4g
Cauliflower Buds	1/2 cup raw	3g
Celery Stick	1/4 cup raw	1g
Corn canned or frozen	1/2 c ckd	16g
Cucumber	4 slices	0g
Hummus	3 oz.	18g
Jicama Stick	1/4 cup raw	3g
Pea Sugar Snow	1/4 cup raw	1g
Peas, green, frozen	1/4 cup	6g
Pepper, green, fresh	1/4 cup	2g
Potato, baker, (2 1/4" to 3 1/4" dia)	one	37g
Potato, Mashed	1/2 cup	15g
Potato, Oven Crinkle Cut	1/2 cup	26g
Potato, Oven Tator Tot	1/2 cup	19g
Potato, Oven Shoestring	3 oz	20g
Potato, sweet, baked	5 oz	30g
Potato, sweet, canned and drained	1/4 cup	12g
Radish, sliced	1/4 cup raw	1g
Spinach	1/2 cup raw	0g
Squash, Zucchini	1/2 cup raw	0g
Tomato	1/4 cup raw	3g

Tomatoes, cherry	3 each	2g
<b>Breads/Grains</b>		
Breadstick, Plain	1 oz	15g
Breadstick, Cheese Filled	2.10 oz	30g
Breakfast Bar Cherry Apple Crunch	2.25 oz	37
Bun, Hamburger; 51 % Whole Grain	1 bun	25g
Bun, Hot Dog; 51% whole Grain	1 bun	25g
Chow Mein Noodles	1/4 cup	10g
Cinnamon Roll, Whole Grain frosted	2.4 oz	50
Cinnamon Roll, Mini	2.3 oz	39g
Cornbread	1 each	26g
Cornmeal Super Star Bar	1.5 oz	23g
Dinner Roll, Elementary and Middle School	2 oz	24g
Dinner Roll, Whole Wheat High School	2.11 oz	28g
English Muffin, White	1 muffin	23g
English Muffin, Wheat	1 muffin	26g
French Toast Sticks	3.18 oz	35g
Filled Crescent Roll Grape	2.29 oz	37 g
Biscuit	2 oz	27 g
Bagelful, Cinn	2.5 oz	32g
Bagel, Mini Cinn or Strawberry	2.43 oz	41g
Bread, Flat	2.2 oz	26g
Bread Slice	1 slice	12 g
Hoagie Roll, Cedar Ridge	1 roll	25g
Roll Sub, High School	2 oz	28 g
Breakfast Round	2.5 oz	45g
Breakfast Round Choc. Chip	2.5 oz	43 g
Muffin Loaf, Blueberry	2 oz	35g
Cereal, Cheerios	1 oz	20g
Cereal, Cinnamon Toast Crunch Reduced Sugar	1 oz	22g
Cereal, Cocoa Puffs Reduced Sugar	1 oz	25g
Cereal, Oatmeal	1 oz	32g
Cereal, Rice Krispies Whole Grain	1 oz	23g
Granola, Bobs Red Mill	1 oz	33g
Muffin, Whole Grain	1 each	29g
Tortilla, WG 6 in	1 each	13g
Tortilla, WG 8 in	1 each	21g
Tortilla, WG 10 in	1 each	29g
Tortilla, WG 13 in	1 each	52g
<b>Chips/Cookies</b>		
Choc. Chip Cookie	1 each	17g
Butter Sugar Cookie	1 each	18g
Crackers, GoldFish	1 pkg	14g

Fortune Cookie	1 cookie	6.7g
Graham Cracker, Goldfish	1 oz	23g
Potato Chips	1/2 oz	8g
Corn Chips	1 oz.	20g
Graham Friend Cookie Mix	1 pkg	24g
Honey Graham	1 pkg	11g
Scooby Cinnamon Stick Grahams	1 pkg	21g
Cheez-It Cracker	1 pkg	14g
Ritz Bits Sandwich Cracker	1 pkg	17g
<b>Dairy</b>		
Cheese American, Slice	.75 oz (1 slice)	0g
Cheese, cream	1 pkg	2g
Cheese Stick, Mozz	1 each	0g
Egg, Hardboiled	1 each	0g
Egg, Patty	1 each	1g
Eggs, Scrambled	1/2 cup	3g
Milk, 1%	6 oz	11g
Milk, Chocolate skim	6 oz	25g
Yogurt, all flavors Dannon	4 oz	20g
Yogurt, Yoplait	4 oz	39g
<b>Meats</b>		
Hamb Patty	1 ea	2g
Chicken Patty, Unbreaded	1 ea	0g
Chicken Patty, Plain	1 ea	16g
Chicken Patty, Spicy	1 ea	17g
Sausage Patty	1 ea	1g
Teriyaki Dipper	4 ea	7g
Meatball	5 ea	4g
Turkey, Sliced	5 ea	3
Turkey Ham, Sliced	5 ea	1
Hot Dog, Turkey	1 ea	1g
<b>Condiments</b>		
Italian Dressing	1 T	1g
Balsamic Vinaigrette Dressing	1 T	2.5g
Caesar Creamy Robusto Dressing	1 T	.5 g
Low Fat Ranch Dressing	2 T	8g
Ketchup	1 T	5g
Mustard	1 tsp	0g
Mayonnaise	1 T	0g
Barbecue Sauce	1 T	5g
Gravy Mix, Beef	2 oz	6g
Gravy Mix, Chicken	2 oz	6g
Gravy Mix, Country	2 oz	6g

Gravy Mix, Turkey	2 oz	7g
Olive, black, large	3 each	.5g
Spaghetti Sauce	2 oz	7g
Pickle, dill, chip	3 slices	.5g
Pickle, sweet, chip	3 slices	.5g
Reduced Fat Mayonnaise	1 T	4g
Salsa	1 T	3g
Sweet Pickle Relish	1 T	5g